



Training Aids

1. **Magic Stic:** a kind of stick or pole about 50 to 70 cm (approximately 24 – 42 inches) in length (approximately one arm length). It should be made of an unbreakable material like wood or plastic (from a slalom pole). The ends of the stic should be taped and padded to avoid injury and give a good grip.

The stic can be used in many different ways:

- To pull the athlete (for example, from the ground to stand up and while gliding from one point to another)
- To support the athlete (for example, in learning new movements)
- Giving the athletes different kinds of movement experiences (for example, using the stic as a steering wheel or handle bar).



2. **Colored tape/ Stickers:** to be fixed on the front and backside of the board. If the athlete has problems with keeping in mind toeside and heelside, it is easier to have a blue and red edge. This helps the athlete react faster when you give advice such as, “Give pressure on the red edge!” while he or she is riding.

The frontside and nose of the board may also be marked with tape or stickers. In the beginning, many athletes may have difficulty keeping in mind which end is the front.

3. **Safety equipment:** It is a good idea for athletes to wear protective padding on the first few days, especially for their knees! (Use in-line skating/skateboarding/volleyball guards such as wrist, elbow and knee pads.)
4. **Hand assistance:** Keeping in mind that one hard fall can end a lesson and/or cause an athlete to quit, be available while teaching to offer assistance and support while the athlete learns new skills. In this way, you can help prevent falls. Also, be ready to re-position the athletes as necessary so that they can feel the skill performed in the correct way.



Basic Guidelines

In addition to training aids, here are some teaching tips that can help:

1. Demonstrate:

- Most athletes learn best by seeing and imitating movements, and do not learn well from lengthy explanations.
- Show the important parts of a movement or skill in an exaggerated way.

2. Training Aids:

- Should be used as necessary to introduce new skills. The first priority should be to help the athlete feel safe.
- If you use training aids such as a magic stick or just holding a hand while making a new movement, it is very important to urge the athlete to perform the task without training aids as soon as possible (for example, offering hand assistance during the first two attempts and then having the athlete perform the movement without).
- The coach should evaluate each athlete as he or she develops new skills, and use the training aids where appropriate depending on the movement and the skill level, anxiety level and safety of the athlete.

3. Variety:

- The main target is to give the athlete many different movement experiences.
- Be creative and find as many different drills as possible for every new movement.

